HEART TO HEART

Become a Heart Health Success Story

Heart disease is the leading cause of death in the United States. It beats out all other diseases for this distinction among both men and women. That's why it's so important to know where you stand as far as your risk for heart disease. A cardiac risk profile (CRP) gives you this information, while an HRA (health risk appraisal) puts it to practical use. Both of these tools are available free of charge to Federal employees.

A CRP can give you a snapshot of some of the factors that can put you most at risk for heart disease—things like elevated blood levels of cholesterol, triglycerides, and glucose. You can get your CRP from your health care provider or, if you're a Federal employee, from the health unit at your worksite, where available.

An HRA is a short (20-minute) survey that you can take online from your own desk that reviews your family health history and daily lifestyle practices. Combined with results from your CRP, it will help map out potential health risks, including those affecting your heart. That will give you the power to make your own decisions to lower your risk of heart disease.

Getting Started

So, make an appointment with your FOH Health Unit or health care provider to take your CRP, today. You can then use the results from the CRP to plug into your HRA.

Share Your Success Story – Heart to Heart

The actual results of your CRP and HRA are protected by the Federal Privacy Act. But if your CRP/HRA experience is making a difference in your life, you might help others by telling them about it. Anyone who would like to talk about your experience (Has it already made a difference? Is it shaping your future plans or that of a friend, feel free to send a short statement to the Center for Health Communications With your permission, we will share some of those stories online to encourage others to take care of their hearts. More details are online at www.FOH.hhs.gov/HEART.